

Guidelines

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Interim Guidelines for Environmental Cleaning and Disinfection in Residences That May Be Exposed to the COVID-19 (Coronavirus Disease 2019)

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This document provides guidance by the Ministry of Health and the National Environment Agency (NEA) for residents to carry out environmental cleaning of residences that may be exposed to the COVID-19.

This will apply to residences of persons contacted by MOH and whom may have been exposed to the COVID-19.

This guidance is *interim* as it is based on our current knowledge of the COVID-19, and has been adapted from guidance documents from the Ministry of Health (MOH), Singapore¹ and the Centres for Disease Control and Prevention, United States².

Premises With
Transient Exposure
to Confirmed
Cases(s) of the
COVID-19
(Coronavirus
Disease 2019)

Interim List of
Household Products
and Active
Ingredients for
Disinfection of
COVID-19
(Coronavirus
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Interim Guidelines for Cleaning and Disinfection of 2019 Novel Coronavirus (2019-nCoV) in Residences

Guidance for environmental cleaning of residences
that may be exposed to the Novel Coronavirus

Items you will need:



How to clean/ disinfect:

- 1 Put on mask and gloves. Do not touch your face further.
- 2 Prepare bleach solution/ disinfectant, according to manufacturers' instructions.
- 3 Open windows.
- 4 Mop floor with bleach solution/ disinfectant, from one end to the other.
- 5 Soak cloths in bleach solution/ disinfectant, and use to wipe all frequently touched areas and toilet surfaces.
- 6 Wash all bed linen with detergent in a washing machine.
- 7 If person is being tested for the Novel Coronavirus, do not use the bedding that he/ she has used, until he/ she is determined to be free of infection.
- 8 Repeat mopping, as before.
- 9 Put all used cloths/ rags and other waste into double-lined plastic/ trash bags.
- 10 Remove gloves and wash your hands with soap and water.
- 11 Remove mask and wash your hands with soap and water.
- 12 Put used gloves and mask into double-lined plastic/ trash bags.
- 13 Separate plastic/ trash bags generated from the clean-up from other household waste, and throw them away as regular waste, as soon as possible.
- 14 Shower and change clothes immediately.
- 15 Air/ ventilate your home.

For more information, please visit
www.nea.gov.sg/environmental-cleaning-guidelines

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A. General Good Practices

1. As the virus can survive on surfaces of different materials for at least 2-3 days, surfaces potentially contaminated with novel coronavirus should be sanitised.
2. Even after persons have been isolated in other facilities, do not host visitors in the residence until the place is sanitized.
3. Seek medical attention if you are feeling unwell.
4. Avoid sharing household items (e.g. dishes, drinking glasses, cups,

eating utensils, bedding). After using the items, wash them thoroughly with soap and water.

B. Cleaning of Residences

I. Items to Prepare for Home Cleaning

Prepare these items before you start to clean your home:

1. Disposable gloves
2. Surgical mask
3. An appropriate disinfectant with indication of effectiveness against coronavirus, or bleach solution. Prepare disinfectant according to the manufacturer's recommendations. Please refer to the "[Interim List of Household Products and Active Ingredients of Disinfection of COVID-19 \(Coronavirus Disease 2019\)](#)" for a list of disinfectants that can be used.
4. A change of clothes
5. Plastic/Trash bags
6. Water
7. Disposable cloths or rags
8. Pail
9. Mop

II. Cleaning Instructions

1. Before you start cleaning, put on a surgical mask and a pair of gloves. Avoid touching your face and eyes during clean-up.
2. Prepare the disinfectant or bleach solution according to the manufacturers' instructions.
3. Keep the windows open for ventilation.
4. Mop the floor with the prepared disinfectant or bleach solution, starting from one end of the home to another.
5. Soak cloths with the prepared disinfectant or bleach solution and use them to wipe all frequently touched areas (e.g. handles, doorknobs, armrests, seatbacks, tables, keyboards, mouse, switches, blinds, windows, walls, etc.) and toilet surfaces.
6. Clean toilets, including the toilet bowl and all accessible surfaces in the toilet with disinfectant or bleach solution.
7. Do not use a spray pack to apply disinfectant as it may create splashes which can further spread the virus.
8. Remove bed sheets, pillow covers, blankets and other fabrics for washing. Use a washing machine and detergent to wash.
9. If person(s) are still being tested for novel coronavirus, do not use mattresses, pillows, carpets or cushions that have been used by them until they are determined to be free of infection. *Contact NEA at 1800-2255632 for further instructions if the person(s) are confirmed for novel coronavirus.*
10. Repeat mopping the floor with the prepared disinfectant or bleach solution, starting from one end of the home to another. Avoid

going from an area that has not been cleaned to an area that has been cleaned, to avoid dirtying the cleaned area.

11. Throw away all cloths and rags used, as well as other waste from the clean-up, into double-lined plastic/trash bags.

12. Remove gloves, wash your hands with soap and water.

13. Remove surgical mask, wash your hands with soap and water.

14. Throw gloves and mask(s) into double-lined plastic/trash bags.

15. All waste generated from the clean-up (in paras 11 and 14) should be segregated from other household waste, and disposed of as regular waste as soon as possible.

16. Shower and change your clothes immediately after the clean-up.

17. Air and ventilate your home.

¹ Ministry of Health, Singapore. (2014). MOH Pandemic Readiness and Response Plan for Influenza and other Acute Respiratory Diseases

² United States Centres for Disease Control and Prevention (US CDC). (2020).

Prevention Steps for Caregivers and Household Members. Retrieved from US CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/guidance-prevent-spread.html>